



PAC-10 CONFERENCE

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For Immediate Release: Wednesday, May 12, 2010
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PACIFIC-10 CONFERENCE ROWING CHAMPIONSHIPS

GENERAL INFORMATION

WHAT: Pac-10 Men's & Women's Rowing Championships

WHEN: Sunday, May 16, 2010

SITE INFORMATION: Lake Natoma, Sacramento State Aquatic Center

WHO: Men's squads from CALIFORNIA, STANFORD and WASHINGTON will compete for the Pac-10 title. OREGON STATE, UCLA, USC and WASHINGTON STATE are in the hunt for the Pac-10 Varsity Eight title. Women's squads from CALIFORNIA, OREGON, OREGON STATE, STANFORD, UCLA, USC, WASHINGTON and WASHINGTON state will hit the line for the Women's Pac-10 title.

ADMISSION: Admission to the 2010 Pac-10 Men's and Women's Rowing Championships is free.

PARKING: The parking fee for the event in Nimbs Flat State Park is \$10. Parking at the end of Tributary Point is \$5. The lot is approximately 1/3 of a mile from the race course. A complimentary shuttle will run every 20 minutes from the Hartford/Health Net buildings.

MEDIA CONTACT: For media inquiries, contact Rachel Caton, the Pac-10 rowing contact, at rcaton@pac-10.org or (714) 717-0573.

CHAMPIONSHIPS RESULTS: Live scoring will be provided by Jamco and live streaming of the event is also available by clicking on the links on the Pac-10 Rowing Championships page: <http://www.pac-10.org/championships/2010-rowing.html>

CHAMPIONSHIPS SCHEDULE OF EVENTS

Race #	Grand Finals	Race Time
1.	Men's Frosh/Novice Eight	9:30 a.m.
2.	Women's Novice Eight	9:50 a.m.
3.	Men's Varsity Four	10:10 a.m.
4.	Women's Varsity Four	10:30 a.m.
5.	Men's Second Varsity Eight	10:50 a.m.
6.	Women's Second Varsity Eight	11:10 a.m.
7.	Men's Varsity Eight	11:30 a.m.
8.	Women's Varsity Eight	11:50 a.m.

*Additional races that had been a part of the Pacific Coast Rowing Championships (PCRC) but are not a part of the Pac-10 Championships will be conducted on Saturday, May 15, 2010.

USRowing/Collegiate Rowing Coaches Association Division I Varsity Eight Coaches Poll (5/5/10)

Women

1. California
5. Stanford
7. Washington
8. USC
11. Washington State
12. UCLA
- RV. Oregon State

Men

1. Washington
2. California
13. Stanford
18. Oregon State

2009 Championship Review
Pac-10 Men's Rowing
Championships

May 17, 2010
Sacramento, Calif.

Team Results

1. California	67
2. Washington.....	64
3. Stanford.....	52
4. Oregon State	38
5. UCLA.....	28
6. Washington State	26
7. USC	16
8. Oregon.....	2

Men's Varsity Eight

1. California	5:41.9
2. Stanford	5:42.2
3. Washington.....	5:44.1
4. Oregon State	6:04.6
5. UCLA.....	6:12.0
6. USC	6:17.0
7. Washington State	6:20.5

Men's Second Varsity Eight

1. Washington	5:44.1
2. California	5:47.5
3. Stanford	5:53.3
4. Oregon State	6:17.3
5. Washington State	6:45.8

Men's Varsity Four

1. Washington	6:26.6
2. California	6:32.5
3. UCLA.....	7:05.8

Men's Freshman/Novice Eight

1. Washington	5:42.6
2. California	5:51.4
3. Stanford	6:02.2
4. Washington State	6:03.9
5. Oregon State	6:07.4
6. UCLA.....	6:29.7
7. USC	6:50.7
8. Oregon.....	6:52.0

2010 PAC-10 ROWING CHAMPIONSHIPS

Early results from 2010 competition indicate that competition for the Pac-10 women's title will be as tight as ever at Lake Natoma. Cal has had the edge on its Conference rivals in regular-season racing.

On the men's side, only three institutions have entered full teams for the 2010 Pac-10 Championships, so the race for the team title will be between Washington, Cal and Stanford.

LANE ASSIGNMENTS

Race	Time	Event	L 1	L 2	L 3	L 4	L 5	L 6	L 7
1	9:30	M. Novice 8	UW	CAL	STAN	OSU	WSU	USC	
2	9:50	W. Novice 8	UW	CAL	STAN	OSU	WSU	UCLA	USC
3	10:10	M. Varsity 4	UW	CAL	STAN	ORE	USC		
4	10:30	W. Varsity 4	UW	CAL	STAN	USC	WSU	UCLA	OSU
5	10:50	M. 2nd Var. 8	UW	CAL	STAN	OSU	WSU		
6	11:10	W. 2nd Var. 8	CAL	UW	STAN	WSU	UCLA	USC	OSU
7	11:30	M. Var. 8	UW	CAL	STAN	OSU	WSU	USC	UCLA
8	11:50	W. Var. 8	CAL	STAN	USC	UCLA	WSU	UW	OSU

MEN'S ROWING NOTES

California swept Stanford at Redwood Shores to take the Schwabacher Cup. The varsity eight boat defeated the Cardinal with a time of 5:35.29. The closest race of the day was in the novice eight with the Golden Bears winning 5:47.16-5:47.39. The Bears have a history of success at the Pac-10 Championships. They come into this weekend as the defending Pac-10 Champions. The varsity eight boat won its first conference crown in 1899 and has since won 27 times, including six from 2000 to present.

Oregon State headed to Boston in April and opened the weekend with a loss to Northeastern but returned home with a win over Holy Cross with a time of 6:42.0. Against Stanford on May 2, their last competition before the Conference Championships, the varsity eight boat finished behind the Cardinal 5:46.9-5:59.8.

UCLA lost to USC in a dual meet for the Bob Hillen Cup on May 8 with a time of 6:33 to USC's 6:19. Earlier in the season in March the squad finished fifth at the San Diego Crew Classic with a score of 6:36.88 in the varsity eight race.

USC finished 11.1 seconds ahead of the Bruins in the varsity eight boat at the San Diego Crew Classic in March. The Trojans won the Bob Hillen Cup over the Bruins on May 8 with a time of 6:19 to UCLA's 6:33.

Washington enters the Conference Championships racing with an edge. The Huskies swept both Cal and Stanford in dual-format meets this spring. On April 3, Washington traveled to Redwood Shores to face Stanford, which had won two of the last three head-to-head meets against UW. The Huskies won each of the three races by more than 10 seconds (A varsity four race was not competed). Washington headed back to Redwood Shores on April 24 to defeat Cal in all four races. The Huskies set a course record to win the varsity eight with a time of 5:31.6 with Cal following at 5:35.7.

2009 Championship Review Pac-10 Women's Rowing Championships

May 17, 2010
Sacramento, Calif.

Team Results

1. California	70.5
2. Stanford	67
3. Washington.....	57
4. Oregon State	55
5. USC	49.5
6. Washington State	37.5
7. UCLA.....	29
8. Oregon.....	2

Women's Varsity Eight

1. Stanford^.....	6:18.6
2. California	6:22.0
3. Oregon State	6:29.4
4. Washington.....	6:29.6
5. USC	6:36.2
6. Washington State	6:42.5
7. UCLA.....	6:40.0

Women's Second Varsity Eight

1. California	6:35.1
2. Stanford	6:36.4
3. Washington.....	6:38.4
4. USC	6:46.4
5. Oregon State	6:47.4
6. Washington State	6:49.2
7. UCLA.....	7:01.0

Women's Varsity Four

1. California	7:20.0
2. USC	7:20.2
3. Washington.....	7:28.8
4. Oregon State	7:29.3
5. Stanford	7:32.9
6. UCLA.....	7:42.6
7. Washington State	7:32.0

Women's Novice Eight

1. Washington	6:44.0
2. California	6:47.7
3. Oregon State	6:50.9
4. Washington State	6:58.4
5. Stanford	7:01.8
6. USC	7:10.6
7. Oregon.....	7:39.4

[^]Course Record

Washington State traveled to Lake Natoma, Calif. May 1-2 for the WIRA regatta and won the varsity eight race with a time of 6:13.0. For their efforts, the squad was named row2k.com's Crew of the Week. On May 7, the Cougars lost to Gonzaga in a close race with a time of 5:59.64, to the Bulldogs' time of 5:58.52.

WOMEN'S ROWING NOTES

The No. 1 ranked **California** women are entering this weekend as the defending Pac-10 Champions. Cal has now won five of the last six Pac-10 Championships and the last two straight (2008-2009). The Bears swept all four events over Stanford on May 1 at Big Row, an annual meeting of the teams. Stanford remained in striking distance throughout the competition, though, with all of the dual races being decided by four seconds or less. The Bears won the varsity eight race with a time of 6:20.7. Earlier in the season, the Golden Bears faced Washington and were victorious in the varsity eight (6:24.7) and second-varsity eight (6:35.5) races.

Oregon State won the novice race against Washington State (7:52.7) and fell in the dual race with a time of 9:06.6. Against UCLA and San Diego at Dexter Lake in April, the Beavers finished second in the varsity eight race with a time of 6:32.7.

Stanford, which finished second at last year's Conference championships and then went on to win its first NCAA title in the sport, competed at Lake Natoma on April 18 in a group that included both Cal and Washington State. While Cal won all of the races, Stanford defeated the Cougars in the varsity eight (6:30.6) and novice eight (6:40.9).

UCLA traveled to Dexter Lake in Oregon for a showdown against Oregon State and left with victories in three of four races, including a win in the varsity eight with a time of 6:29.93. The Bruins dropped their dual to rival USC on May 1, but took first in the second varsity eight with a time of 6:53.26

USC continued its nine-year streak of never being defeated by rival UCLA in a dual meet, topping the Bruins in the varsity eight (6:37.37) and varsity four (7:37.92) races in the annual dual meet. At the San Diego Crew Classic in March, USC took second place to Virginia in the varsity eight with a time of 6:37.48 and second in the second varsity eight race with a time of 6:50.25), defeating UCLA and Washington State which were also in the field.

Washington took two races from the defending Pac-10 Champion California in the varsity four (7:26.5) and novice eight races (7:03.2) in a dual meet in April. The Huskies are undefeated in both events entering the Pac-10 Championships. The squad took home the Windemere Cup, a home regatta at the Montlake Cut, with a time of 6:27.5 to defeat Syracuse and Oxford.

Washington State was victorious in its only home competition of the year and brought the Crawford Trophy with the win over Oregon State, finishing with a score of 8:56.7 in the varsity eight race. The Cougars won the varsity eight event in head-to-head competition against state-rival Huskies on April 10, but placed second in the other three races against Washington.

MEN'S POINT SYSTEM

Place	varsity 8	2nd V8	frosh/novice 8	varsity 4
1	32	16	16	8
2	28	14	14	7
3	24	12	12	6
4	20	10	10	5
5	16	8	8	4
6	12	6	6	3
7	8	4	4	2
8	4	2	2	1
9	0	0	0	0

The finish in the men's varsity 8 would be utilized as a tie-breaker. The institution with the better finishing boat in the men's varsity 8 would be awarded the better place finish at the Pac-10 Rowing Championships in case of a tie in the number of points

WOMEN'S POINT SYSTEM

Place	varsity 8	2nd V8	varsity 4	novice 8
1	21	14	7	3.5
2	18	12	6	3
3	15	10	5	2.5
4	12	8	4	2
5	9	6	3	1.5
6	6	4	2	1
7	3	2	1	0.5

The finish in the women's varsity 8 would be utilized as a tie-breaker. The institution with the better finishing boat in the women's varsity 8 would be awarded the better place finish at the Pac-10 Rowing Championships in case of a tie in the number of points.

LAST YEAR IN PAC-10 ROWING

WASHINGTON celebrated not only a national rowing championship but also a stirring, come-from-behind victory wherein the men's varsity eight rallied from a nine-seat gap over the second half of the 2,000-meter race to edge its arch rival, top-ranked CALIFORNIA, by one second at the finish. The Huskies swept all eight-man events — varsity, second varsity and freshmen — and also took gold in the open fours at the 107th Intercollegiate Rowing Association (IRA) championship regatta on Lake Natoma near Sacramento. No school had swept all the eights since Washington did it in 1997.

Meanwhile, STANFORD became only the fifth-different team champion in 13 years of the NCAA Women's Rowing Division I Championship, capturing its first national title in the sport and ending Brown's two-year reign in May at Cooper River Park in Cherry Hill, N.J. Led by a first-place showing in the I Eight, the Cardinal finished with 88 points to top the team standings in the field of 16 schools. CALIFORNIA, who placed third in the I Eight after falling shy of STANFORD's pace by just 2.81 seconds, won a tie-breaker with Yale for the team silver courtesy of a higher finish in the I Eight Grand Final.

CALIFORNIA upset top-seeded WASHINGTON in the men's varsity eight grand final of the Pac-10 Rowing Championships, propelling the Golden Bears to the men's team title and beginning what minutes later would result in an institutional sweep. Cal's advantage was never more than two seats, and Stanford surged halfway through the 2,000 meters into second to finish ahead of the Huskies, as well. No. 1-seed Stanford dominated in the women's grand final, moving into an early lead and setting a course-record 6:18.6. CALIFORNIA and OREGON STATE rounded out the marquee event's podium. Cal's women won two grand finals on the afternoon - the varsity four and second varsity eight - and claimed the team title for the second-straight year. It was the Golden Bear women's fifth Conference title in the last six years.

Individual honorees included: **Alex Osborne**, STAN (Men's Athlete of the Year); **Erika Roddy**, STAN (Women's Athlete of the Year); **Craig Amerkhanian**, STAN (Men's Coach of the Year); **Emily Ford**, OSU (Women's Coach of the Year); **James Long-Lerno**, CAL (Men's Newcomer of the Year); and **Kristina Löfman**, CAL (Women's Newcomer of the Year).